

Tobacco Use:

In accordance with the Utah Indoor Clean Air Act, tobacco use by students, MRJH employees, parents, and visitors on school or MRJH property, in school vehicles, and at school-sponsored functions away from school property is prohibited. Tobacco use on school district property is prohibited during school and non-school hours.

(Rules and Regulations No. 1330, ASD)

In the event that a student is found using tobacco, the following apply:

First Offense: Parent will be notified. A completed referral form will be sent to the District. A Non-Use Contract will be signed. There will be a referral to Law Enforcement.

Second Offense: Parent will be notified. A completed referral form will be sent to the District. There will be a referral to Law Enforcement.

Third Offense: A parent will be notified. A referral to Law Enforcement will be made. Administrative Hearing and Possible Expulsion.

(Rules and Regulations 5430, ASD)

In the event a staff member is found using tobacco, the school administrator will offer the staff member the option of completing a cessation class.

Possession

Possession of tobacco or tobacco paraphernalia is prohibited within 1000 feet of school property. In the event that any student violates this policy, the following will occur:

First Offense: Parent will be notified. A completed referral form will be sent to the District. A Non-Use Contract will be signed. There will be a referral to Law Enforcement.

Second Offense: Parent will be notified. A completed referral form will be sent to the District. There will be a referral to Law Enforcement.

Third Offense: A parent will be notified. A referral to law enforcement will be made. Administrative Hearing and Possible Expulsion.

(Rules and Regulations 5430, ASD)

Tobacco Sale and Distribution:

The sale, delivery, transfer or distribution of tobacco or tobacco paraphernalia in any form by a student, employee, parent or visitor to anyone under the age of 19 is strictly prohibited when it occurs in the school building, within 1000 feet of school property, or within 1000 feet of any school-sponsored activity.

In the event that any student or employee is in violation, the following will occur:

First Offense: Parent will be notified. A completed referral form will be sent to the District. A Non-Use Contract will be signed. There will be a referral to Law Enforcement.

Second Offense: Parent will be notified. A completed referral form will be sent to the District. There will be a referral to Law Enforcement.

Third Offense: A parent will be notified. A referral to Law Enforcement will be made. Administrative Hearing and Possible Expulsion.

(Rules and Regulations 5430, ASD)

Other rules which apply:

- No tobacco advertising will be permitted in any form in the school buildings, at school functions, or in school publications.
- Endorsement or sponsorship in any form of any school-related event by tobacco companies is prohibited.
- Clothing and other articles of attire worn at MRJH may not display advertisement for, endorsement of, or implication of tobacco, tobacco companies or tobacco use in any form.

(Dress Code Policy #4, Student Handbook 2007-2008)

This policy applies to students and staff. Parents and visitors are also encouraged to support and follow this policy.

- Students wearing clothing that is inappropriate for school will be asked to call home for a change of clothes, will be offered a change of clothing to be worn in lieu of offensive clothing,

or may be referred for in-school suspension for the rest of the day.

- All Mountain Ridge Junior High students in grades 7-9 will receive age appropriate instruction during the school day regarding avoidance of tobacco use. All health teachers at the middle school level shall incorporate tobacco prevention information into their yearly prevention education. Teachers in grades 7-9 are encouraged to use research-based best practice curriculum. All teachers are encouraged to draw on the resource of the local health department for prevention to assist in teaching these materials.

- MRJH will facilitate students and staff in accessing Utah based statewide tobacco cessation classes to help them quit using tobacco.

- Tobacco cessation classes are also offered through the local Health Department. Any student or employee who is interested in quitting tobacco use may enroll in these classes on a voluntary basis. Students will not be penalized in any way for requesting to take cessation classes on a voluntary basis. The school will make every effort to assist students or employees in accessing these programs.

Communication:

The Principal and other staff shall notify students, families, and education personnel and school visitors of the tobacco free policy in handbooks and newsletters, on posted notices or signs at every school entrance and other appropriate locations, and by other efficient means. To the extent possible, schools and districts will make use of local media to publicize the policies and help influence community norms about tobacco use.

TOBACCO FREE SCHOOL POLICY

Intent

Mountain Ridge Junior High desires to be a tobacco-free school and to guide students who use these products to resources for help. Mountain Ridge Junior High recognizes that students develop best academically, emotionally, socially, and physically when their bodies and minds are free from harmful substances. This policy is meant as an addendum to Rule #5, restricting illegal drugs, tobacco and alcohol, as outlined in the MRJH Student Handbook.

Rationale

Despite major national movements to undermine tobacco companies and tobacco marketing, tobacco is still the leading cause of preventable death, disease, and disability in the United States. Tobacco use is addictive. Illnesses caused by tobacco use increase demands on the U.S. healthcare system. Statistics show most people who use tobacco begin before they reach the age of 18. Many children and adolescents do not understand health consequences of tobacco use. Evidence shows that school health programs can be an effective means of preventing tobacco use among youth. Providing effective tobacco use prevention education is important for the students at Mountain Ridge Junior High.

RESOURCES AVAILABLE

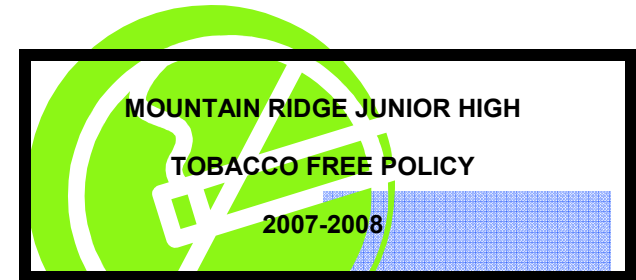
www.tobaccofreeutah.org

Karlee Adams, School Tobacco Prevention Specialist
801-538-6992

Utah Teen Quit Line
www.utahquitnet.com
1-888-567 TRUTH

Facts for Youth

- About 60% of Utah teens who smoke want to quit.
- Cigarettes kill more Americans each year than AIDS, alcohol, car accidents, murders, suicides, illegal drugs, and fires combined!
- Every day in the U.S., 3,000 teens and children become regular smokers. 1,000 of those will eventually die as a result of smoking.
- Those who die from smoking would have lived 12-15 years longer if they had never started.
- Cigarettes contain more than 4,000 chemicals. 45 of those cause cancer and are radioactive.
- The chemical found in cigarettes are the same found in rat poison, toxic sewer gas, rocket fuel, gas chamber poison, and dead body preservatives.
- Spit tobacco contains hundreds of poisons, carcinogens and radioactive substances.
- Each year, the tobacco industry spends more than \$11 billion on advertising and promoting tobacco products in the U.S.
- 43,500 Utah children are exposed to secondhand smoke in their homes.
- More than 90% of Utah teens don't think smoking is cool.
- Smoking weakens your athletic ability, makes you smell bad and colors your teeth.
- Most young people who smoke will continue to smoke as adults.
- The younger kids start to smoke, the more addicted they become.
- Spit tobacco is not a safe alternative to smoking.
- Smokers lost approximately seven minutes of their life for every cigarette they smoke.
- Over 40 of the 4,000 chemicals in cigarette smoke can cause cancer. Also found in cigarettes are ammonia and arsenic.



**WE CAN CHOOSE TO BE
TOBACCO FREE**